

Unlocking Vitality -

**3 Simple Hacks to Naturally
Boost Your Energy in less than
10 Minutes."**

By Bountiful Bird





INTRODUCTION

Hi, I'm Phia.

Welcome! I'm so excited to have you here!

Let me start by saying that I've been exactly where you are right now. Feeling exhausted, lacking motivation, and struggling to keep up with the demands of everyday life. It seemed like my energy levels were constantly hitting rock bottom, and it was taking a toll on my overall well-being, productivity and confidence.

But here's the thing: I discovered that there's so much more to boosting energy than just chugging down cups of coffee or relying on energy drinks that only provide short-lived bursts of energy. I wanted to find sustainable, natural ways to revitalize myself and feel truly alive again.

That's when I embarked on a journey to explore unconventional methods that could give me the energy boost I craved. And let me tell you, it was a game-changer!

Throughout this guide, I want to share with you three methods that have personally made a tremendous impact on my energy levels. These methods may seem a bit unconventional at first, but trust me, they work wonders.

Let me assure you that these methods won't take up much of your precious time. I get it – you're a busy individual with a million things on your plate. That's why I specifically like these methods, which are quick and effective, taking no more than 10 minutes out of your day and can fit right into your daily routine.

So, are you ready to unlock your vitality and experience a whole new level of energy? Get ready to embark on this journey with me as we dive into the first method – the power of cold showers. Yes you heard it right 😊 Trust me, it's going to be an exciting and invigorating ride.

WISH YOU WELL ON YOUR VITALITY JOURNEY.





The Power of Cold Showers

How it all started?

There was a time when I used to wake up feeling groggy and sluggish, I would struggle to get through the day without multiple cups of coffee or constant snacking. It felt like my energy was constantly being drained, leaving me feeling unproductive and frustrated.

But then, I stumbled upon the power of cold showers. Yes, you heard that right – **COLD SHOWERS!** 🧊🧊

It may sound crazy, but bear with me. I incorporated this simple practice into my daily routine, and the effects were nothing short of amazing. I felt an immediate surge of energy, a renewed sense of focus, and a boost in my overall mood. It was like a wakeup call for my body and mind. Trust me, once you experience the invigorating effects, you'll be hooked too!

Why Cold Showers

As I mentioned earlier, there was a time when I was feeling drained and sluggish, struggling to find the motivation to tackle my daily tasks.

Around the same time, I heard on one of my favourite podcasts, [the minimalist, an interview with Dr Sean O'Mara](#) who recommends cold therapy to improve all sorts of chronic conditions including fatigue and inflammation.

At first, I was skeptical. The mere thought of stepping into icy water was enough to make me shiver. But I decided to give it a shot, and the results were astounding.

Let me tell you, there's something incredibly refreshing about stepping into a cold shower. The initial shock of the cold water instantly jolts your senses awake. It's as if every cell in your body comes alive, ready to take on the day. It's invigorating, to say the least.

But what's the science behind it? When we expose ourselves to cold water, our blood vessels constrict, stimulating blood flow and circulation. This process helps to flush out toxins and release endorphins, those feel-good hormones. The result? A surge of energy and mental clarity that lasts long after you've stepped out of that cold morning shower.

“Cold showers are the gateway to flow and energy and peace”

WIM HOFF



THE POWER OF COLD SHOWERS

Follow these steps:

1. Start with a warm shower to relax your muscles and prepare your body.
2. Gradually decrease the temperature, inching towards a comfortably cold level.
3. Allow the cold water to flow all over your body, starting with 5–10 seconds. You can increase the duration as your body becomes more accustomed to this habit.
4. Remember, be intentional and present during the whole process. Take slow, deep breaths to calm yourself and help your body adjust to the temperature.

It's Totally Worth It!

I know it might sound intimidating, but trust me, the initial discomfort is worth it. After a few days of incorporating cold showers into my routine, I noticed a significant increase in my energy levels.

I felt more alert, focused, and ready to tackle whatever challenges came my way.

It became a daily ritual that I looked forward to, a little dose of invigoration that set the tone for a productive day.

Science & Research

If you're curious to learn more about the science and research behind cold showers, I found some studies that you can explore further. One study found that cold-water immersion at 14 degree Celsius increased metabolism by 350%. Researchers have also found that taking icy showers may heighten your immune system and make you more resistant to illness.

These resources provide fascinating insights into the physiological benefits and can deepen your understanding of why cold showers are such a powerful energy-boosting practice.





Embracing the Flow of Qigong

Qigong Energy Movement

The second method that I want to share with you is the ancient practice of qigong. This practice has transformed my energy levels and brought a sense of balance and harmony into my life.

So what gets me into qigong? Being in perimenopause with all the hormonal fluctuation that happens in this transition period, I was always searching for a way to recharge and improve my vitality. One day a video pops up in my youtube feed. It is a 10 mins video of [morning warm up qigong presented by a monk at Plum Village](#). Little did I know that it would become an integral part of my daily routine, transforming my energy levels and overall well-being.

Qigong, pronounced "chee-gong," is an ancient Chinese practice that combines gentle movements, breathwork, and mindfulness to cultivate and balance our vital energy, known as Qi. By tapping into this energy, we can enhance our physical, mental, and emotional well-being.

The benefits of the Qigong Energy Flow Movement are astounding. This practice has been shown to increase energy levels, reduce stress, improve focus, and enhance overall vitality. It's a simple yet profound way to connect with our body's innate wisdom and harness the power of Qi.

Follow these steps:

1. Find a quiet and peaceful space where you can move freely without distractions.
2. Stand with your feet shoulder-width apart, relax your body, and take a few deep breaths to center yourself.
3. Do the 3 x gentle warm-up movements shown below: arm swings, kidney stimulation and whole body tapping.
4. These movements will loosen up your body as well as stimulate the energy flow.
5. Coordinate your movements with deep, relaxed breathing, inhaling as you expand and exhaling as you release tension.
6. Focus on staying present and mindful throughout the practice, fully immersing yourself in the sensations and energy flow.

Illustration courtesy of [Holistic Back Relief](#)

“Qigong is the art and science of refining and cultivating internal energy”

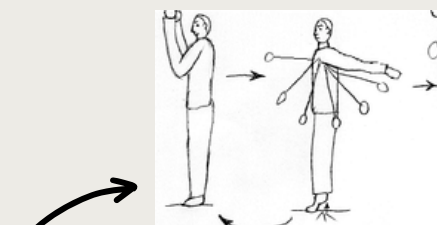
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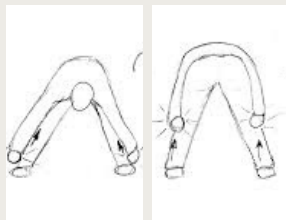
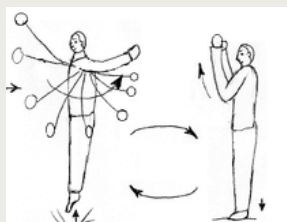
EMBRACING THE FLOW OF QIGONG

As you engage in the Qigong Energy Flow Movement, you'll notice a profound sense of connection between your body, breath, and energy. You'll feel revitalized, centered, and more in tune with your inner self. The beauty of this practice is that it can be tailored to your needs and abilities, making it accessible to practitioners of all levels.

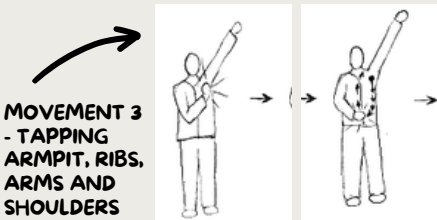
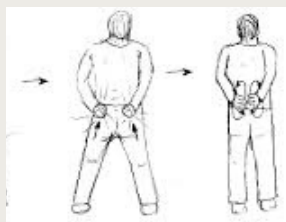
If you're interested in delving deeper into the world of Qigong, there are abundant resources available. I recommend exploring books, attending workshops, or finding a qualified instructor who can guide you on your Qigong journey. The more you delve into this practice, the more you'll discover its transformative potential.



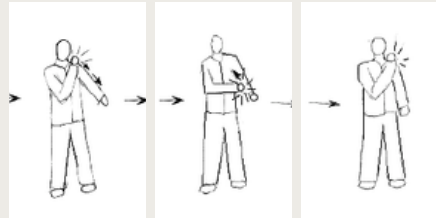
**MOVEMENT 1 -
ARM SWINGS**



**MOVEMENT 2 -
TAPPING
AND
STIMULATING
THE KIDNEYS**



**MOVEMENT 3 -
TAPPING
ARMPIT, RIBS,
ARMS AND
SHOULDERS**





Energizing Your Space

The Power of Tidying Up

You might be wondering, "What does tidying up have to do with boosting energy?" Well, let me tell you, physical clutter has a sneaky way of draining our energy and leaving us feeling overwhelmed.

Our surroundings have a profound impact on our energy levels and overall well-being. When our physical space is cluttered and chaotic, it can drain our vitality and leave us feeling overwhelmed. On the other hand, a clean and harmonious environment can support and uplift us, allowing our energy to flow freely.

But fear not, as easy as clutter can drain your energy, the action of tidying up, even if it starts with just organizing one drawer or your work desk, you can immediately create a sense of calm and renewal that will boost your energy levels.

Don't believe me, try it out for yourself and see how reclaiming your space can invite positive energy to flow freely in your body.

I have something to admit. I've never been a tidy person, but I know that untidiness depletes my energy. Intrigued by the hype of Marie Condo, I decided to give it a try. I started with the cutlery drawer in the kitchen, clearing out the clutter and creating an organized space where different types of cutlery has its own place.

To my surprise, I immediately felt a shift in my energy. Then I continue with decluttering my wardrobe, then my bedroom. The heaviness that had been weighing me down started to lift, replaced by a sense of lightness and clarity. It was as if the act of tidying up had breathed new life into my space and, in turn, into my being.

So, how can you start tapping into its transformative power of decluttering/tidying up? Remember, the goal is not to tackle everything at once, but rather to make incremental progress that will have a lasting impact.

"Clutter is a weight that has built on top of you so gradually, you don't even realize anymore that it is holding you down"

MARY JOHANSON



THE POWER OF TIDYING UP

Steps to get you started:

1. Start by selecting one drawer to focus on. Then take everything out and assess each item.
2. Create three piles: keep, donate, and discard.
3. Ask yourself: Do I use it regularly? If not, does this item bring me joy?
4. If the answer is no, it's time to let it go
5. Be ruthless in your decision-making process and remember that by letting go of what no longer serves you, you create space for new energy to enter.
6. Once you've sorted through the items, it's time to organize.
7. Invest in drawer dividers or find small storage containers to create designated spaces for different categories. This will not only make it easier to find what you need but also maintain the organization over time.

As you create space in your physical environment, you'll create space in your mind and heart as well. Embrace the process, let go of what no longer serves you, and invite the energy of renewal and vitality into your life.



Imagine opening your newly organized drawer and feeling a wave of positive energy wash over you.

With each neatly folded item and thoughtfully placed belonging, you'll experience a renewed sense of vitality and a sense of achievement. The energy in your space will feel lighter, and you'll find it easier to focus on the tasks at hand.

And if you're looking for even more inspiration and guidance on tidying up your space for energy renewal, I invite you to check out our blog post titled "The Art of Decluttering: Transform Your Space, Transform Your Energy." In this comprehensive article, we delve deeper into the principles of decluttering, share practical tips, and provide insights into the profound connection between our physical environment and our energy levels.

Remember, every small step you take in decluttering and tidying up your space brings you closer to a life filled with renewed energy and joy.

Embrace the possibilities that await you and let your space become a reflection of the vibrant, energetic person you are meant to be.

So, my friend, it's time to roll up your sleeves and embark on this transformative journey of tidying up for energy renewal. Take it one drawer/space/category at a time, and remember that even the smallest steps can lead to significant change.



CONCLUSION

Embrace Your Journey

Well done! I hope you are excited to add these energy boosting practices into your daily schedule.

I can remember it like it was yesterday. I was struggling with constant fatigue and a lack of energy. It felt like I was running on empty, and it was affecting every aspect of my life. But then, I discovered the power of these three methods, and everything changed.

Cold showers became my daily ritual, and the invigorating rush of icy water awoken my senses like never before. I felt an immediate surge of energy, and it set the tone for the rest of my day. The science behind cold exposure is truly remarkable, and I couldn't believe the positive impact it had on my overall well-being.

Qigong became my sanctuary, a way to connect with my inner energy and cultivate a sense of balance and vitality. The simplicity of the movements amazed me, yet the effects were profound. With every gentle flow and intentional breath, I could feel my energy levels soaring, and a newfound sense of peace washed over me.

And then, I turned my attention to the clutter in my spaces. It may seem insignificant, but **the transformation that occurred when I tidied up my physical space was astonishing. As I decluttered and organized, a weight was lifted off my shoulders, and a sense of calmness enveloped me.** The energetic benefits of maintaining an organized space were undeniable, and I found myself more focused and energized than ever before.

Now, I want you to experience this same transformation. Imagine waking up each morning feeling refreshed and energized, ready to tackle whatever challenges come your way. Picture yourself effortlessly flowing through your day, with a vitality that radiates from within. That's the power that awaits you on the other side.

But don't just take my word for it. I invite you to take on the challenge and incorporate these techniques into your daily routine. **Embrace the cold showers, explore the world of Qigong movements, and declutter, one little space at a time for the next 7 days.** What do you have to lose? Nothing much but there is so much to gain on the other side: your energy, your vitality, your life.



EMBRACE YOUR JOURNEY

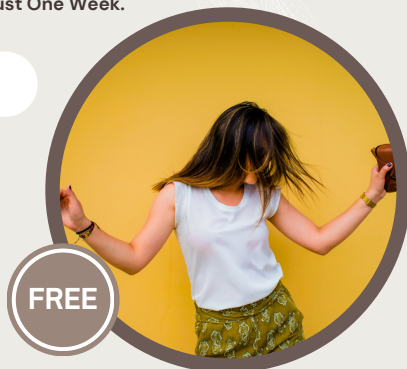
And when you are ready to take this journey a step further, I **invite you to join our free 7-day Vitality Superstar Challenge**, where we introduce even more unconventional energy boosting practices.

You'll receive additional guidance and support plus you get to share your own transformation stories and celebrate each step of your journey towards optimal vitality with other like-minded individuals.

7 Day Vitality Superstar Challenge

Recharge, Reset, and Reignite Your Energy
Levels in Just One Week.

JOIN NOW



Remember, you have the power to make a lasting change. Embrace the vibrant life that awaits you on the other side. Take the next step today and join our challenge. Your energy and vitality are waiting for you, and I can't wait to witness your incredible transformation.

Together, let's unlock the full potential of your energy and create a life filled with vitality and joy. You deserve it, and I believe in you.

- MUCH LOVE - PHIA